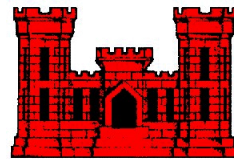




Geo Rengades



320th Family Readiness Group Newsletter
October 2005

Published by Your Family Readiness Group

FRG Meeting

**When: November 2,
6:00pm**

**Where: Building 6,
Pioneer, BDE
Conference Room (3rd
Floor) Usual Location**

**Who: Every Spouse in
the 320th Company**

**Come and hear updates
of how our deployed
spouses are doing. Hope
to see you there!**



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Commander's Corner

To the Spouses of 320th Engineer
Company

The Company's ADVON consisted of CPT Rising, 2LT Penaluna, and SGT Adegbilero. Prior to arrival of the main body, the ADVON secured necessary resources to run weapons ranges and house the rest of the main body. Approximately 6 days later the rest of the company arrived in Camp Buehring Kuwait and moved into our temporary housing (large tents with hard wood floors and air conditioning). We had to acclimatize to the extremely hot weather and continue to prepare to fire all of our Soldier's assigned weapons. The company conducted the M16 Rifle, M9 Pistol Range and the M249 Squad Automatic Weapon (SAW) range for the Brigade. The Soldiers did an excellent job training and firing their weapons. We currently are preparing to conduct additional Convoy training and then follow on movement out of Kuwait. Morale is high even though we have been working long days in the desert heat. Just last night, the DFAC served Crab legs and shrimp which was a much welcomed treat!

**Above and Beyond...Second to
None....Geo-Strong....Sappers!**

OUR FRSA

We would like to introduce to you our FRSA. Shawanda Fisher came on board with 320th mid-September as our new Family Readiness Support Assistant (FRSA). She will be here to help provide the Commander or RDC, the FRL and FRG leader with administrative assistance in support of family readiness programs and activities. She will help to ensure that the Commander/RDC and the FRG leader's ideas or Family Readiness Goals are obtained and maintained. FRSAs work closely with community resource agencies to provide appropriate referrals for the Commander, RDC, FRL, FRG leader and family members. FRSAs also serve as the POC for referrals to these community agencies. FRSAs ensure that the telephone/email trees are established, kept up-to-date, and used so that family members can be contacted in a timely manner. They help to develop and distribute the unit newsletters, announcements, and flyers. Shawanda has already stepped up and gotten right to work. She is really doing great things.

(Formally known as the Walk to Iraq and Back program)

The Walk 4 Freedom assessments were held last week. I hope you were able to take advantage of these assessment dates. But if you were not—it is not too late to sign up. Please call the Health Promotion office to sign up for the make up assessment session. The number for the Health Promotion Office is 06181-889509. The make up assessment date will be close to the end of September. You can begin counting your miles Oct 1st. Below are the details about the assessments.

At the assessment you will receive a log book, pedometer, and lots of info about how to collect you miles. I really hope y'all are going to take advantage of this program. At the 6 month mark great prizes will be given away (I'm thinking airline tickets--but no promises!!!).

Please email Christin Rising or Debra Penaluna at (frg320th@yahoo.com) if you have any questions. We will try to help. After we are assessed we will organize walking groups and other fitness activities.

FRG Volunteers

We have had many volunteers step forward to help with the FRG. Thank you to everyone that has volunteered.

Christin Rising	Leader
Deborah Penaluna	Co-
Leader/Secretary	
Amber Woerz	Treasure
Rose Olson & Irma Cruz	Special
Events	
Rose Olsen & Committee	Hospitality
Kathrine Kleeman	
Ilka Scott & Sherlot Hall	Fundraising
Jeanette Kula & Bobby Buxbaum	Advisors

Thanks & lets rack up those miles!!!!

A note from the Rear Detachment SGM...

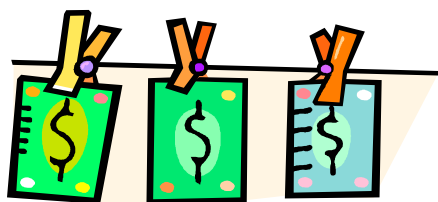
To all the Soldiers and spouses of the 320th Engineer Company, thank you for all you do to support the Army's mission. You are the greatest examples of Army Values.

As the Brigade Rear Detachment Sergeant Major, I want to encourage you during these times of deployment. The Rear Detachment cadre is small, but our hearts and efforts are great. We are here to assist you in any challenge, big or small. Feel Free to contact the company's Chain of Command with your concerns and we will work diligently to assist you.

Last, the forward deployed soldiers are trained well and more than prepared to accomplish their mission. We are making a difference on the Global War on Terrorism. They Are truly missed and are in our prayers daily. The FRG is doing a great job and has proven to be dependable and strong. My spouse, Sharon and I are extremely pleased to work with the greatest Soldiers, spouses, and families in the Army.

MSG Padgett

130th EN BDE RD SGM



Have you contacted your credit card company lately?

You may want too.

Sometimes they will lower your interest rate while you are deployed. They will usually need a copy of your orders—but that is a small inconvenience to save some dough!

Check into it and see if you can save a little bit of cash.

Upcoming Events

Halloween Pumpkin Carving - Saturday, October 22 @ 1430 at the Pioneer Chapel Gazebo.

Sherlot Hall and Rose Olson are planning this event. There is going to be pumpkin carving (pumpkins and carving kits provided by FRG).

Haunted House - Monday, October 31 @ 1730 at Bldg.# 305 on Pioneer Kaserne in the basement.

Thanksgiving Dinner - DFAC will be providing dinner. More information will follow this event.

Thanksgiving Potluck - 24 November @ 1300 location TBD. FRG will provide Turkey, everyone else will sign up for side dishes.

Christmas Potluck - 9 December, time and location TBD. Details will be discussed at next meeting.

Hot off the Presses

- Here are the FRG Meeting Minutes for Thursday, October 13th 2005 from Irma Cruz. There is a lot of information to review with October's event taking place in the next few days. Currently scheduled is a Pumpkin Carving Party Potluck on Saturday, October 22nd at the Gazebo by Pioneer Chapel. We will be providing 1 pumpkin per family, so if you plan on carving a pumpkin please RSVP to Rose Olsen the Special Events Coordinator at 01705282726 or 06109696211. The FRG will provide the pumpkins and carving kits, if you have a design you would like to use, or found one off the web, please bring it. Please bring your own carving knives and a food dish to share. It is a Pumpkin Carving / Potluck. Other POC's are Ilka Scott at 06181-906-2653 and Sharlot Hall 06181-954-3191 please feel free to call them if you have any questions.
- There is an attachment that all family members need to fill out prior to returning to the states, even if you are just going home for the holidays. The FRG and the Rear- Detachment need to have your information incase we need to contact you in an emergency. Please, PLEASE fill this out and either e-mail it back to the FRG e-mail account or take the completed form up to Mrs. Fisher our Family Readiness Support Assistant. Mrs. Fisher's office is on the 3rd floor of the 130th Brigade Building (6) the opposite end of where we hold our monthly FRG meetings, not hard to find... very last door on the left.

Reminder!!!!

- The FRG's standing meetings will be held on the 1st WEDNESDAY of every Month.
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